


Department of Health & Human Services
Montgomery County Senior Nutrition Program
Damascus Senior Center April 2011

The meal cost is **\$7.00**. For people age 60 and over and spouses of any age, a voluntary contribution is requested. Guests under age 60 must pay the full cost of the meal. Please contribute as much as you can – contributions are used to serve more meals.

Milk and coffee or tea is served with every meal. Each meal provides 1/3 of the Dietary Reference Intakes (nutrients needed every day) for older adults and meets the Dietary Guidelines for Americans*.

Meal reservations and cancellations are to be made at the nutrition site. Cancellations are needed no later than 2:00 p.m. the day before. For information about the Senior Nutrition Program, call 240-777-3810.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
|  <p style="text-align: center;">Confused about the nutrition news of the day? Have questions about diet and food safety? Call the <u>Senior Nutrition Hotline!</u> Speak directly with a registered dietitian. Wednesdays 9am-11 am 240-777-1100</p> | | | | <p style="text-align: center;">1</p> <p>Apple Juice Tuna Salad Sandwich on Whole Wheat Bread Pasta Salad Garden Salad Fresh Fruit</p> |
| <p style="text-align: center;">4</p> <p>Orange Juice Meatloaf Baked Potato Green Beans Pineapple Betty</p> | <p style="text-align: center;">5</p> <p>Cran-Grape Juice Herb Baked Chicken Mac n' Cheese Broccoli Whole Wheat Bread Fresh Fruit</p> | <p style="text-align: center;">6</p> <p>Apple Juice Chili/Mac Casserole Capri Veggies Corn Muffin Cinnamon Peaches</p> | <p style="text-align: center;">7</p> <p>Grape Juice Lazy Day Lasagna Italian Meatballs Garden Salad Italian Bread Poached Pears</p> | <p style="text-align: center;">8</p> <p>Vegetable Soup Tuna/Pasta Salad Coleslaw Whole Wheat Bread Fresh Fruit</p> |
| <p style="text-align: center;">11</p> <p>Cran-Grape Juice BBQ Beef Baked Beans Coleslaw Whole Wheat Bread Fresh Fruit</p> | <p style="text-align: center;">12</p> <p>Apple Juice Turkey w/Gravy Sandwich On Whole Wheat Bread Mashed Potatoes Peas & Carrots Fresh Fruit</p> | <p style="text-align: center;">13</p> <p>Cran-Raspberry Juice Cheeseburger Potato Salad Let/Tom/Cuc Whole Wheat Bun Fresh Fruit</p> | <p style="text-align: center;">14</p> <p>Cran-Grape Juice Chicken Divan Egg Noodles Broccoli Apple Betty</p> | <p style="text-align: center;">15</p> <p>Tomato Soup Grilled Cheese Sandwich on Whole Wheat Bread Tossed Salad Mandarin Oranges</p> |

*All dishes are made with minimal fat & salt; gravies are fat-free, soups made from scratch. Whole grains & legumes [are](#) served often. Milk is fat-free.

Please turn page for remainder of menu and **Nutrition Notes**

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| <p align="center">18</p> <p>Cheese Manicotti Italian Meatballs Spinach Tossed Salad Whole Wheat Bread Fresh Fruit</p> | <p align="center">19</p> <p>Cran-Grape Juice Teriyaki Chicken Scalloped Potatoes Zuc/Tom/Onion Medley Whole Wheat Bread Tangerine</p> | <p align="center">20</p> <p>Salmon Patty Stewed Tomatoes Herbed Rice Veggie Salad Whole Wheat Bread Fruited Gelatin</p> | <p align="center">21</p> <p>White Grape Juice Shepherd's Pie Tossed Salad Soda Bread Cinnamon Peaches Easter Dessert</p> | <p align="center">22</p> <p>Minestrone Soup Tuna/Rice Casserole Garden Salad Whole Wheat Bread Fresh Fruit</p> |
| <p align="center">25</p> <p>Cran-Grape Juice Taco Casserole Sweet Corn Tossed Salad Whole Wheat Bread Fresh Fruit</p> | <p align="center">26</p> <p>Vegetable/Bean Soup Oven Fried Chicken Sw. Pot/Apples Corn Muffin Fresh Fruit</p> | <p align="center">27</p> <p>Apple Juice Spinach Quiche Mandarin Salad Spice Muffin Peach Cobbler</p> | <p align="center">28</p> <p>Cran-Raspberry Juice Chicken Parmesan Rotini w/Tomato Sc. Garden Salad Cheesy Garlic Biscuit Poached Pears</p> | <p align="center">29</p> <p>Apple Juice Chicken Salad on Whole Wheat Bread Cranberry Salad Wagon Wheel Pasta Salad Fresh Fruit</p> |

***Nutrition Notes:* 10 Ways to Enjoy More Vegetables and Fruits!!!**

Eating lots of vegetables and fruits is a delicious way to help protect your health. Try some of these ideas to add crunch, sweetness, color, and taste to your meals and snacks!

1. Add more of a variety of colors to your salad....shredded carrots, chunky tomatoes, smooth avocado, tart dried cranberries.
2. Mix leftover brown rice or quinoa with some sautéed onion, garlic, mushrooms.
3. Make a smoothie for breakfast...blenderize banana, strawberries(or any favorites) and plain yogurt.
4. Top a bowl of oatmeal with chopped fresh apples, oranges, and berries.
5. “Hide” finely chopped carrots, onions, spinach or kale in a spaghetti sauce or meatloaf.
6. Store “ready to eat” veggies (carrots, cucumber, celery, zucchini, red pepper sticks) in the fridge.
7. Enjoy a small can of low sodium vegetable juice with whole-wheat crackers at snack time.
8. Pack your sandwich with sliced tomatoes, fresh spinach leaves, pepper rings, thinly sliced avocado.
9. Top low-fat ice cream or yogurt or waffles/pancakes with chopped apples, nuts, and cinnamon.
10. Add extra frozen, salt-free canned or fresh chopped veggies to canned low sodium soups.